

UNDERNEATH MY LINGERIE I FELT...

	SEXY	FEMININE	REFRESHED	BEAUTIFUL	RELAXED	HAPPY	RUSHED	TIRED	DEPRESSED	BURNT OUT	OTHER	OTHER
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WHAT DID I DO TO SUPPORT THIS FEELING?

	HYDRATE	SLEEP	PLAN MY TIME	WORKOUT	EAT WELL	STRETCH	MONITOR MY ENERGY	MAINTAIN SIMPLICITY	HAD A POSITIVE OUTLOOK	GAVE MYSELF REST BREAKS	SPIRAL OUT OF CONTROL	FRIED OUT NERVOUS SYSTEM	NUMB
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